

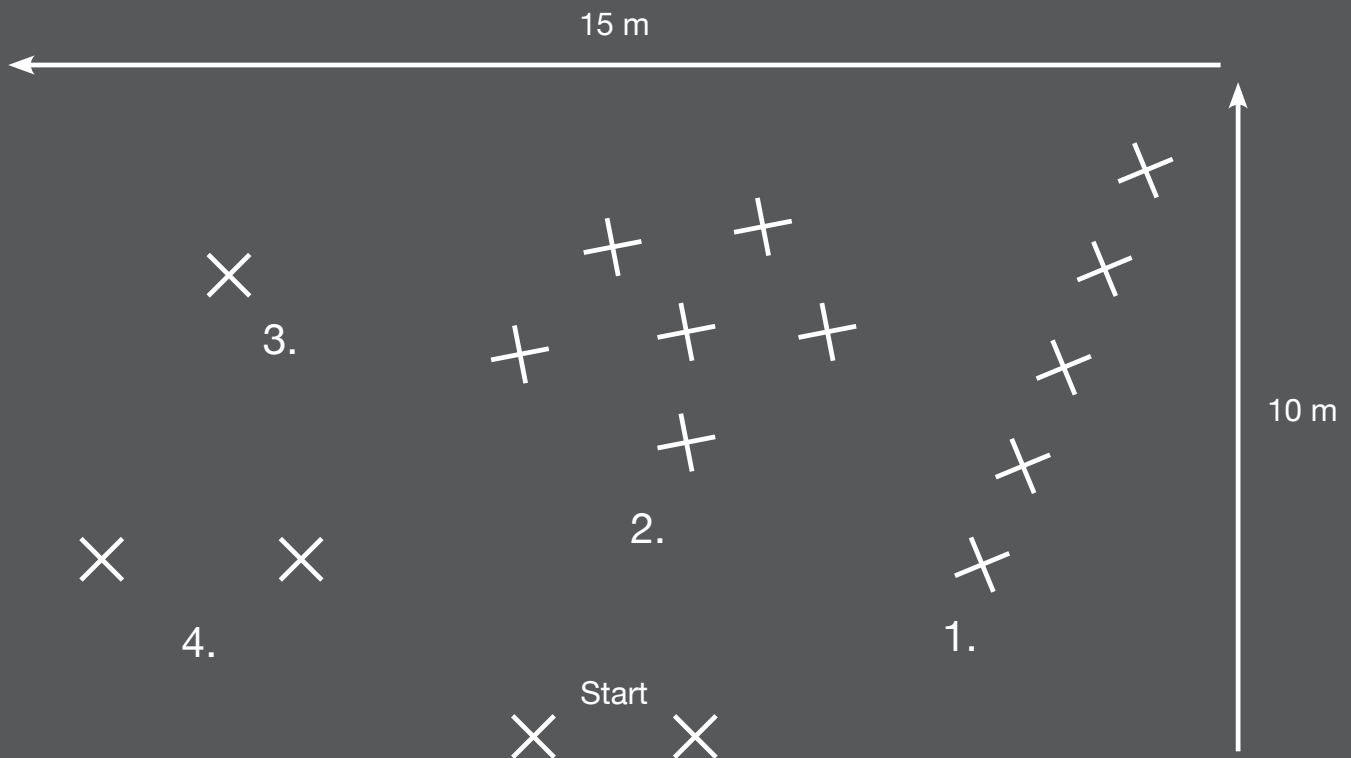
Strong dribbling skills make the difference for your team. At VfB Stuttgart's training centre, Heiko Gerber uses various exercises with his U21 to train the necessary ball control.



EXERCISE 1: Four dribbling variations

SET-UP & IMPLEMENTATION

Set up four stations in a field of approx. 15 x 10 metres. Start into the field and pick an exercise:



1. Slalom out of five cones

Dribble in a slalom through the five cones and back again. Make sure the ball is tight. Pass the ball in different ways, sometimes with the inside and sometimes with the outside.

2. Freestyle arrangement of seven cones in a small space

Be creative! In dribbling, it is often important to find spontaneous solutions. For example, set yourself the task of turning around three cones, using only your left foot or only your sole to control the ball.

3. Single cone for a feint

The cone simulates an opponent. Leave him standing with a feint! Possible feints are: Crossing the ball, faking a shot, body feint, roulette (Zidane turn).

4. Cone gate

Dribble around the two cones forming a figure 8. Guide the ball only with the right or left outside.

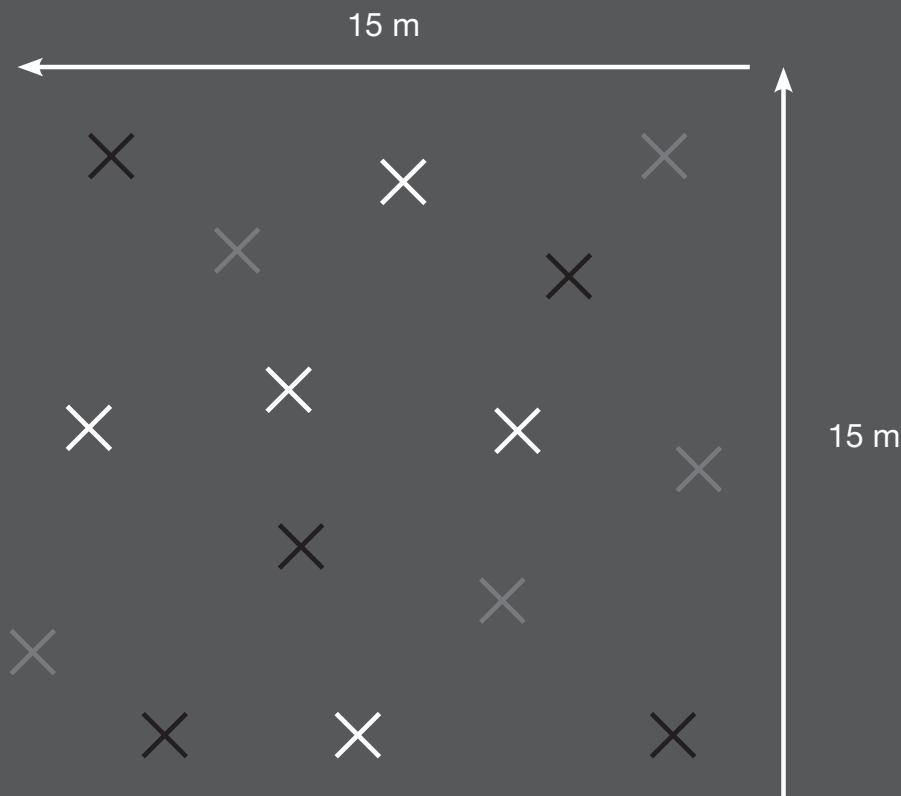
EXERCISE 2: Cone forest



SET-UP AND IMPLEMENTATION

Place any number of cones in three colours in a field of 15 x 15 metres.

Start in the field and pick three colours in an order. The task is to dribble around three cones of the corresponding colour as quickly as possible and to leave the field again.



IMPORTANT

Make sure you have a tight ball control and a good orientation. Ideally, you should always be able to lift your head to observe your surroundings.

VARIATIONS

Depending on whether you are practicing alone or with teammates, you can start the exercises with a pass or any other opening movement. There are no limits to your imagination within the exercises. Vary the type of ball control, the structure of the cones or complete a round with a mini ball.